

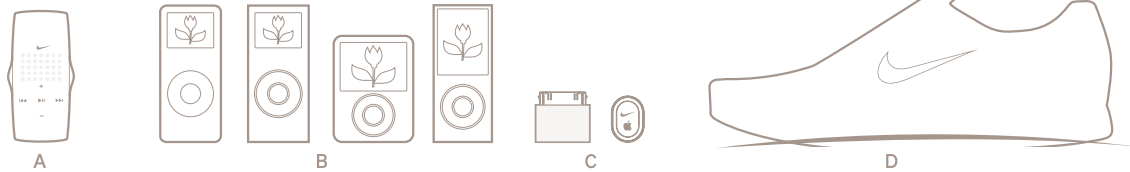
Nike + iPod WatchRemote

ONLINE MANUAL | English

Nike + iPod WatchRemote is a watch and a remote for the Nike + iPod experience. Hear instant voice feedback of your time, distance, calories and pace when you add the Nike + iPod Sport Kit and Nike+ ready shoes. At any time during a workout, press a button for your PowerSong – the song you love to hear when you need a boost.

- A Nike + iPod WatchRemote (Included)
- B iPod nano

- C Nike + iPod Sport Kit
 - Nike + iPod receiver
 - Nike + iPod sensor
- D Nike+ ready shoes



LINKING

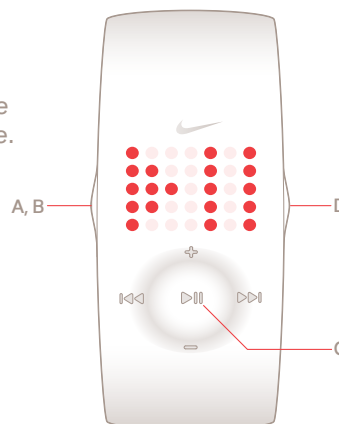
Linking the Nike + iPod WatchRemote to your iPod nano.

1. Connect the Nike + iPod receiver to the iPod nano.
2. Select the following through the iPod menu Nike + iPod > Settings
3. Push the play/pause button on WatchRemote.
4. Select Remote > Link on the iPod Menu and follow the on-screen instructions.



WORKOUT FUNCTIONS

- A Start Workout
- A Voice Feedback
 - Once the run is started, press to hear instant voice feedback of your time, distance, calories and pace.
- B Play PowerSong
 - HOLD FOR 3 SECONDS**
 - PowerSong plays your favorite song when you need a boost.
- C Pause / Resume Workout
- C End Workout
 - HOLD FOR 3 SECONDS AFTER WORKOUT PAUSED**
- D Display Time



PowerSong Settings

To preset a PowerSong for use during workout, select the following through the iPod nano menu:

Nike + iPod > Settings > PowerSong > Select one...

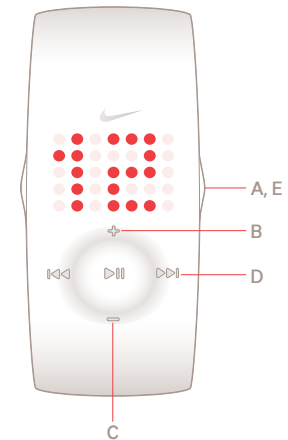
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SET THE TIME

- A Display Time
- A Enter Adjust Mode (*HOLD FOR 3 SECONDS*)
- B Increase Number*/ Adjust Up*
- C Decrease Number*/ Adjust Down*
- D Continue to Next Setting
- E Exit Adjust mode

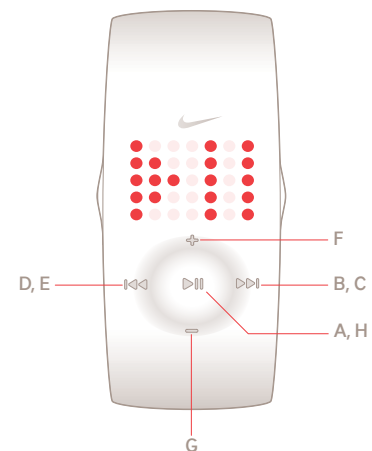
*Hold down to scroll quickly



IPOD NANO REMOTE CONTROL FUNCTIONS

- A Play/Pause
- B Next Track
- C Fast Forward
HOLD FOR 3 SECONDS
- D Previous Track
- E Rewind
HOLD FOR 3 SECONDS
- F Volume Up*
- G Volume Down*
- H Put iPod nano to Sleep
HOLD FOR 3 SECONDS

*Hold down to change volume quickly



SPECIFICATIONS

BATTERY TYPE: CR1632 Lithium

BATTERY LIFE: The battery in your Nike watch is estimated to last 1 year, depending on frequency and use of certain features.

WARNING! Keep watch batteries away from children. If swallowed, contact a doctor immediately.

WARNING! Batteries contain chemical substances. They should be disposed of properly according to local regulations

WATER RESISTANCE: 5ATM

Suitable for immersion of 1 meter for up to 30 minutes.

ATTENTION: Water damage may occur if the buttons are pressed underwater.

ATTENTION: Hot steam may cause damage to the watch. Do not wear in steaming shower, spa or hot tub.

ATTENTION: Watch cases and metal bracelets should be rinsed thoroughly in fresh water after being exposed to salt water.

OPERATING TEMPERATURE
-5 to 50° Celsius

MATERIAL SPECIFICATIONS

Battery Door: Stainless Steel

Buckle: Stainless Steel

Case: Polycarbonate

Strap: Polyurethane

WARNING: NOT A MEDICAL DEVICE.

Should not be used to diagnose, treat or prevent any disease or medical condition.

SUPPORT

www.nikeplus.com/support/contact

Nike consumer affairs: 1-888-350-6453

This document with updates is available online at www.nikeplus.com/downloads

